

# The Health Behaviors of South Dakotans 2004

*A Report of the South Dakota  
Behavioral Risk Factor Surveillance System*

South Dakota Department of Health  
600 East Capitol Avenue  
Pierre, South Dakota 57501

In cooperation with  
the Centers for Disease Control and Prevention  
Atlanta, Georgia

April 2006

Copies of this report and its distribution were paid for by a grant from  
The Centers for Disease Control and Prevention



---

## *Preface*

---

The Health Behaviors of South Dakotans 2004 serves as a way to measure health risks of South Dakotans.

The information used to develop the report came from the BRFSS. The South Dakota Department of Health (SDDOH) initiates the BRFSS with the assistance of the Centers for Disease and Control and Prevention (CDC).

The survey consists of questions aimed at tracking and trending prevalence of health behaviors and conditions over time. The report also compares data from this survey to the *Healthy People 2010 National Health Objectives* as well as to the rest of the nation.

The BRFSS is the world's largest telephone survey. The survey is administered to households with individuals of 18 years or older.

The Office of Data, Statistics, and Vital Records edited and compiled data for this publication. This report contains as much information as practical from the survey.

Any questions regarding The Health Behaviors of South Dakotans 2004 should be addressed to:

Office of Data, Statistics, and Vital Records  
600 East Capitol Avenue  
Pierre, South Dakota 57501-2536  
Phone: (605) 773-3361  
Internet: <http://www.state.sd.us/doh/stats/>  
National web site: <http://www.cdc.gov/brfss/>

The following people were the main contributors to the development of this report:

Barb Buhler	Public Information Officer
Mark Gildemaster	Coordinator of South Dakota Behavioral Risk Factor Surveillance System
Kim Knittel	Policy Analyst
Kathlene Mueller	Administrator of the Office of Data, Statistics, and Vital Records



---

## *Table of Contents*

---

Preface.....	v
List of Tables .....	viii
List of Figures .....	xiv
Overview.....	3
Methodology .....	11
Health Behavior Topics .....	17
General Health Status .....	17
Overweight and Obesity .....	37
Physical Activity .....	47
Tobacco Use.....	52
Alcohol Use .....	57
Breast and Cervical Cancer Screening.....	72
Prostate Cancer .....	87
Colorectal Cancer Screening.....	100
Oral Health.....	110
West Nile Virus.....	116
Health Insurance .....	121
Immunization .....	131
Diabetes.....	141
Asthma .....	151
Cardiovascular Disease .....	156
Disability.....	171
Television Viewing.....	180
Environmental Factors .....	184
Firearms .....	192
Family Planning.....	200
HIV/AIDS .....	205
Sun Exposure .....	210
Conclusion .....	217
Appendix A: Demographics .....	223
Appendix B: BRFSS Questionnaire.....	229

---

## *List of Tables*

---

1.	Estimated Percentage and Number of Persons at Risk Due to Selected Factors (Ages 18 and Older Unless Otherwise Specified): South Dakota BRFSS, 2004 .....	5-6
2.	Topics Covered on the South Dakota BRFSS, 1996-2004 .....	6-7
3.	Disposition of All Telephone Numbers in the Sample, 2004 .....	13
4.	Respondents Who Reported Fair or Poor Health Status, 2004 .....	18-19
5.	Fair or Poor Health Status for Selected Health Behaviors and Conditions, 2004 .....	20-21
6.	Respondents Who Reported Physical Health Not Good for 30 Days of the Past 30, 2004 .....	23-24
7.	Physical Health Not Good for 30 Days of the Past 30 for Selected Health Behaviors and Conditions, 2004 .....	24-26
8.	Respondents Who Reported Mental Health Not Good for 20-30 Days of the Past 30, 2004 .....	28-29
9.	Mental Health Not Good for 20-30 Days of the Past 30 for Selected Health Behaviors and Conditions, 2004 .....	29-31
10.	Respondents Who Reported Usual Activities Unattainable for 10-30 Days of the Past 30, 2004 .....	33-34
11.	Usual Activities Unattainable for 10-30 Days of the Past 30 for Selected Health Behaviors and Conditions, 2004 .....	34-36
12.	Respondents Who Are Overweight or Obese, 2004 .....	38-39
13.	Overweight or Obese for Selected Health Behaviors and Conditions, 2004 .....	39-41
14.	Respondents Who Are Obese, 2004 .....	43-44
15.	Obese Status for Selected Health Behaviors and Conditions, 2004 .....	44-46
16.	Respondents Who Reported No Leisure Time Physical Activity, 2004 .....	48-49
17.	No Leisure Time Physical Activity for Selected Health Behaviors and Conditions, 2004 .....	50-51
18.	Respondents Who Currently Smoke Cigarettes, 2004 .....	53-54
19.	Currently Smoke Cigarettes for Selected Health Behaviors and Conditions, 2004 ....	55-56
20.	Respondents Who Tried to Stop Smoking, Within the Past 12 Months, for One Day or Longer Because They Were Trying to Quit Smoking, 2000-2004 .....	56

21.	Respondents Who Drank in Past 30 Days, 2004 .....	58-59
22.	Drank in Past 30 Days for Selected Health Behaviors and Conditions, 2004 .....	60-61
23.	Respondents Who Engage in Binge Drinking, 2004 .....	63-64
24.	Binge Drinking for Selected Health Behaviors and Conditions, 2004 .....	65-66
25.	Respondents Who Engage in Heavy Drinking, 2004 .....	68
26.	Heavy Drinking for Selected Health Behaviors and Conditions, 2004 .....	69-71
27.	Women Respondents, Ages 40 and Older, Who Have Not Had a Mammogram in the Past 2 Years, 2004.....	73-74
28.	No Mammogram, Ages 40 and Older, in Past 2 Years for Selected Health Behaviors and Conditions, 2004 .....	75-76
29.	Women Respondents' Most Important Reasons for Not Having a Mammogram in Past Year, 2000-2004.....	77
30.	Person Who Recommended the Mammogram, 2000-2004.....	77
31.	Women Respondents Who Have Not Had a Clinical Breast Exam in the Past 2 Years, 2004 .....	79
32.	No Clinical Breast Exam in Past 2 Years for Selected Health Behaviors and Conditions, 2004 .....	80-81
33.	Women Respondents Who Had Insufficient Cervical Cancer Screening, 2004.....	83-84
34.	Insufficient Cervical Cancer Screening for Selected Health Behaviors and Conditions, 2004.....	85-86
35.	Men Respondents, Ages 40 and Older, Who Have Not Had a PSA Test Within the Past 2 Years, 2004.....	88
36.	No PSA Test, Ages 40 and Older, Within the Past 2 Years for Selected Health Behaviors and Conditions, 2004 .....	89-91
37.	Men Respondents, Ages 40 and Older, Who Have Not Had a Digital Rectal Exam Within the Past 2 Years, 2004 .....	93
38.	No Digital Rectal Exam, Ages 40 and Older, Within the Past 2 Years for Selected Health Behaviors and Conditions, 2004.....	94-95
39.	Men Respondents, 40 and Older, Who Have Been Told They Had Prostate Cancer, 2004 .....	97

40.	Diagnosed Prostate Cancer, 40 and Older, for Selected Health Behaviors and Conditions, 2004 .....	98-99
41.	Respondents, Ages 50 and Older, Who Have Not Had a Blood Stool Test Within the Past 2 Years, 2004.....	101-102
42.	No Blood Stool Test, Ages 50 and Older, Within the Past 2 Years for Selected Health Behaviors and Conditions, 2004 .....	103-104
43.	Respondents, Age 50 and Older, Who Have Never Had a Sigmoidoscopy or Colonoscopy, 2004 .....	106-107
44.	Never Had a Sigmoidoscopy or Colonoscopy, Ages 50 and Older, for Selected Health Behaviors and Conditions, 2004 .....	108-109
45.	Respondents Who Have Not Visited a Dentist or Dental Clinic for Any Reason Within the Past Year, 2004 .....	111-112
46.	Not Visited Dentist or Dental Clinic for Any Reason Within the Past Year for Selected Health Behaviors and Conditions, 2004.....	113-114
47.	Respondents Who Did Not Take Any Precautions Against West Nile Virus, 2004.....	117
48.	No Precautions Taken Against West Nile Virus for Selected Health Behaviors and Conditions, 2004 .....	118-119
49.	Respondents Who Took Any Precautions This Past Summer to Protect Themselves from Contracting West Nile Virus, 2004.....	119
50.	Precautions Taken to Avoid Contracting West Nile Virus, 2004.....	120
51.	Respondents, Ages 18-64, Who Do Not Have Health Insurance, 2004 .....	122
52.	No Health Insurance, Ages 18-64, for Selected Health Behaviors and Conditions, 2004 .....	123-124
53.	Type of Health Insurance, Ages 18-64, 2000-2004.....	125
54.	Respondents Who Think They Have Adequate Health Care Coverage or Insurance, 2000, 2002, and 2004.....	125
55.	Respondents Whose Health Insurance Covers Medicines Prescribed by a Doctor, 2002 and 2004.....	125
56.	How Long Since Respondent Last Visited a Doctor for a Routine Checkup, 2002 and 2004.....	126
57.	Main Reason Respondent is Without Health Care Coverage, 2002 and 2004 .....	126



58.	How Long it Has Been Since Respondent Had Health Care Coverage, 2002 and 2004.....	127
59.	Children, Ages 0-17, Who Do Not Have Health Insurance, 2004.....	128
60.	Respondents' Children, Ages 17 and Under, Different Types of Health Coverage, 2000-2004 .....	129
61.	Children Without Health Care Coverage Due to Assorted Reasons, 2000-2004 .....	129
62.	Respondents, Ages 65 and Older, Who Have Not Had a Flu Shot Within the Past 12 Months, 2004.....	132-133
63.	No Flu Shot, Ages 65 and Older, Within the Past 12 Months for Selected Health Behaviors and Conditions, 2004 .....	134-135
64.	Respondents, Ages 65 and Older, Main Reason for Not Getting a Flu Shot, 2003-2004 .....	135
65.	Respondents, Ages 65 and Older, Who Have Never Had a Pneumonia Shot, 2004 .....	137
66.	No Pneumonia Shot, Ages 65 and Older, for Selected Health Behaviors and Conditions, 2004 .....	138-140
67.	Respondents Who Were Told They Have Diabetes, 2004 .....	142-143
68.	Have Diabetes for Selected Health Behaviors and Conditions, 2004.....	144-145
69.	Respondents Taking a Combination of Insulin and Diabetes Pills, 2000-2004 .....	146
70.	Number of Times Respondents Check Their Blood for Glucose or Sugar, 2000-2004 .....	147
71.	Number of Times Respondents Check Their Feet for Any Sores or Irritations, 2000-2004 .....	147
72.	Number of Times Respondents Saw a Doctor, Nurse, or Other Health Professional for Their Diabetes in the Past Year, 2000-2004 .....	148
73.	Number of Times Respondents Had Hemoglobin "A1c" checked by Doctor, Nurse, or Other Health Professional in the Past Year, 2000-2004 .....	148
74.	Number of Times Respondents Had a Health Professional Check Their Feet for Any Sores or Irritations, 2000-2004 .....	148
75.	Last Time Respondents Had an Eye Exam With Pupils Dilated, 2000-2004.....	149
76.	Respondents Who Were Told They Have Asthma, 2004 .....	152-153
77.	Have Asthma for Selected Health Behaviors and Conditions, 2004 .....	154-155

78.	Respondents Who Previously Had a Heart Attack, 2004 .....	157-158
79.	Previously Had a Heart Attack for Selected Health Behaviors and Conditions, 2004.....	158-160
80.	Respondents Who Have Angina or Coronary Heart Disease, 2004 .....	162-163
81.	Have Angina or Coronary Heart Disease for Selected Health Behaviors and Conditions, 2004 .....	163-165
82.	Respondents Who Previously Had a Stroke, 2004 .....	167
83.	Previously Had a Stroke for Selected Health Behaviors and Conditions, 2004 .....	168-169
84.	Respondents Did the Following to Lower Their Risk of Developing Heart Disease or Stroke, 2002 and 2004 .....	170
85.	Respondents Who Were Told by a Doctor, Nurse, or Other Health Professional Within the Past 12 Months to do the Following, 2002 and 2004 .....	170
86.	Respondents' Activities Limited Due to Physical, Mental, or Emotional Problems, 2004 .....	172-173
87.	Activities Limited Due to Physical, Mental, or Emotional Problems, 2004.....	173-174
88.	Respondents' Disability with Special Equipment Needed, 2004 .....	176-177
89.	Disability with Special Equipment Needed for Selected Health Behaviors and Conditions, 2004 .....	177-179
90.	Respondents Who Watched Four or More Hours of TV Per Day, 2004 .....	181
91.	Watched Four or More Hours of TV Per Day for Selected Health Behaviors and Conditions, 2004 .....	182-183
92.	Respondents Sick From Poor Indoor Air Quality in Past 12 Months, 2004.....	185
93.	Sick from Poor Indoor Air Quality in Past 12 Months for Selected Health Behaviors and Conditions, 2004 .....	186-187
94.	Respondents Sick from Outdoor Air Pollution in Past 12 Months, 2004.....	189
95.	Sick from Outdoor Air Pollution in Past 12 Months for Selected Health Behaviors and Conditions, 2004 .....	190-191
96.	Respondents Who Have Firearms in Household, 2004 .....	193-194
97.	Firearms in Household for Selected Health Behaviors and Conditions, 2004 .....	194-195
98.	Respondents Who Have Loaded and Unlocked Firearms in Household, 2004 .....	197-198

99.	Loaded and Unlocked Firearms in Household for Selected Health Behaviors and Conditions, 2004 .....	198-199
100.	Respondents Not Currently Using Birth Control, 2004.....	201
101.	Not Using Birth Control for Selected Health Behaviors and Conditions, 2004 .....	202-203
102.	Respondents, Ages 18-64, Who Have Never Been Tested for HIV, 2004.....	206-207
103.	Never Been Tested for HIV for Selected Health Behaviors and Conditions, 2004.....	207-209
104.	Respondents Who Had Sunburn in the Past 12 Months, 2004 .....	211-212
105.	Sunburn in the Past 12 Months for Selected Health Behaviors and Conditions, 2004.....	212-213
106.	Summary of South Dakota's Proportion of Adult Population at Risk, 1992-2004 .....	217-219
107.	Summary of Healthy People 2010 National Health Objectives.....	219
108.	Demographics of Survey Respondents, 2004 .....	223
109.	Surveys Completed by Resident County, 2004 .....	224-225

---

## *List of Figures*

---

1.	Percent of Respondents Reporting Fair or Poor Health Status, 1993-2004.....	17
2.	Nationally, Respondents Who Reported Fair or Poor Health Status, 2004 .....	19
3.	Percent of Respondents Reporting Physical Health Not Good for 30 Days of the Past 30, 2000-2001 and 2003-2004 .....	22
4.	Average Number of Days Physical Health Not Good in the Past 30 Days, 2000-2004 ....	26
5.	Percent of Respondents Reporting Mental Health Not Good for 20-30 Days of the Past 30, 2000-2001 and 2003-2004 .....	27
6.	Average Number of Days Mental Health Not Good in the Past 30 Days, 2000-2004 .....	31
7.	Percent of Respondents Reporting Usual Activities Unattainable for 10-30 Days of the Past 30, 2000-2001 and 2003-2004 .....	32
8.	Average Number of Days Where Poor Physical or Mental Health Kept Respondent From Doing Usual Activities, 2000-2004.....	36
9.	Percent of Respondents Who Are Overweight or Obese Based on Body Mass Index, 1993-2004 .....	37
10.	Percent of Respondents Who Are Obese Based on Body Mass Index, 1993-2004.....	42
11.	Percent of Respondents Who Reported No Leisure Time Physical Activity, 1987-1992, 1994-1996, 1998, and 2000-2004.....	47
12.	Nationally, Respondents Who Reported No Leisure Time Physical Activity, 2004.....	49
13.	Percent of Respondents Who Currently Smoke Cigarettes, 1987-2004 .....	52
14.	Nationally, Respondents Who Currently Smoke Cigarettes, 2004.....	54
15.	Percent of Respondents Who Drank in Past 30 Days, 1995, 1997, 1999, and 2001-2004 .....	57
16.	Nationally, Respondents Who Drank in Past 30 Days, 2004 .....	59
17.	Percent of Respondents Who Engage in Binge Drinking, 1987-1993, 1995, 1997, 1999, and 2001-2004 .....	62
18.	Nationally, Respondents Who Engage in Binge Drinking, 2004 .....	64
19.	Percent of Respondents Who Engage in Heavy Drinking, 1987-1993, 1995, 1997, 1999, and 2001-2004 .....	67

20.	Nationally, Respondents Who Engage in Heavy Drinking, 2004 .....	69
21.	Percent of Women Respondents, Ages 40 and Older, Who Have Not Had a Mammogram in the Past 2 Years, 1990-2004 .....	72
22.	Nationally, Women Respondents, Ages 40 and Older, Who Have Not Had a Mammogram in the Past 2 Years, 2004.....	74
23.	Percent of Women Respondents Who Have Not Had a Clinical Breast Exam in the Past 2 Years, 2000-2004 .....	78
24.	Percent of Women Respondents Who Had Insufficient Cervical Cancer Screening, 1992-2004 .....	82
25.	Nationally, Women Respondents Who Had Insufficient Cervical Cancer Screening, 2004 .....	84
26.	Percent of Men Respondents, Ages 40 and Older, Who Have Not Had a PSA Test Within the Past 2 Years, 2001-2002 and 2004 .....	87
27.	Nationally, Men Respondents, Ages 40 and Older, Who Have Not Had a PSA Test Within the Past 2 Years, 2004.....	89
28.	Percent of Men Respondents, Ages 40 and Older, Who Have Not Had a Digital Rectal Exam Within the Past 2 Years, 1997, 2001-2002, and 2004 .....	92
29.	Percent of Men Respondents, 40 and Older, Who Have Been Told They Had Prostate Cancer, 2001-2002 and 2004 .....	96
30.	Percent of Respondents, Age 50 and Older, Who Have Not Had a Blood Stool Test Within the Past 2 Years, 1997, 1999, 2001-2002, and 2004 .....	100
31.	Nationally, Respondents, Age 50 and Older, Who Have Not Had a Blood Stool Test Within the Past 2 Years, 2004.....	102
32.	Percent of Respondents, Age 50 and Older, Who Have Never Had a Sigmoidoscopy or Colonoscopy, 1993, 1995, 1997, 1999, 2001-2002, and 2004 .....	105
33.	Nationally, Respondents, Age 50 and Older, Who Have Never Had a Sigmoidoscopy or Colonoscopy, 2004 .....	107
34.	Percent of Respondents Who Have Not Visited a Dentist or Dental Clinic for Any Reason Within the Past Year, 1996-1997, 1999, 2002, and 2004 .....	110
35.	Nationally, Respondents Who Have Not Visited a Dentist or Dental Clinic for Any Reason Within the Past Year, 2004 .....	112
36.	Respondents' Main Reason for Not Visiting the Dentist in the Last Year, 2004.....	115

37.	Percent of Respondents, Ages 18-64, Who Do Not Have Health Insurance, 2000-2004 .....	121
38.	Length of Time Since Uninsured Child Visited Doctor for a Routine Checkup, 2000-2004 .....	130
39.	Percent of Respondents, Ages 65 and Older, Who Have Not Had a Flu Shot Within the Past 12 Months, 1993-2004 .....	131
40.	Nationally, Respondents Ages 65 and Older, Who Have Not Had a Flu Shot Within the Past 12 Months, 2004.....	133
41.	Percent of Respondents, Ages 65 and Older, Who Have Never Had a Pneumonia Shot, 1993-2004.....	136
42.	Nationally, Respondents Ages 65 and Older, Who Have Never Had a Pneumonia Shot, 2004 .....	138
43.	Percent of Respondents Who Were Told They Have Diabetes, 1988-2004.....	141
44.	Nationally, Respondents Who Were Told They Have Diabetes, 2004.....	143
45.	Respondents Who Are Taking Insulin, 2000-2004.....	146
46.	Respondents Who Are Now Taking Diabetes Pills, 2000-2004 .....	146
47.	Respondents With Sores That Took More Than Four Weeks to Heal, 2000-2004 .....	147
48.	Respondents Told That Diabetes Has Affected Eyes or They Have Retinopathy, 2000-2004 .....	149
49.	Respondents Who Have Taken a Course or Class on How to Manage their Diabetes, 2000-2004 .....	149
50.	Percent of Respondents Who Were Told They Have Asthma, 2000-2004 .....	151
51.	Nationally, Respondents Who Were Told They Have Asthma, 2004 .....	153
52.	Percent of Respondents Who Previously Had a Heart Attack, 2002 and 2004 .....	156
53.	Percent of Respondents Who Have Angina or Coronary Heart Disease, 2002 and 2004 .....	161
54.	Percent of Respondents Who Have Previously Had a Stroke, 2002 and 2004.....	166
55.	Percent of Respondents Whose Activities are Limited Due to Physical, Mental, or Emotional Problems, 2001, 2003, and 2004.....	171
56.	Percent of Respondents Who Have a Disability with Special Equipment Needed, 2001, 2003, and 2004 .....	175

57.	Percent of Respondents Who Have Firearm in Household, 1996, 2001-2002, and 2004.....	192
58.	Percent of Respondents Who Have Loaded and Unlocked Firearms in Household, 1996, 2001-2002, and 2004 .....	196
59.	Birth Control Methods Currently Being Used, 2004.....	204
60.	Percent of Respondents, Ages 18-64, Who Have Never Been Tested for HIV, 1993-2004 .....	205
61.	Percent of Respondents Who Had Sunburn in the Past 12 Months, 1999, 2003, and 2004.....	210

